

HOW COACHABLE ARE YOU?

This test helps us both to determine how coachable you are right now. Coaching works best when most of your family of origin issues and conflicts are resolved, you are ready to experience success without struggle, and have room in your schedule to give priority focus to your coaching appointments, preparation time and coaching assignments.

Instructions:

Please rate the following statements from 1 to 5: 5 being "More true"; 1 being "Less true"

1. I realize that there are no "magic bullets" and that the only answers for me are within myself. I rely on others (including my Coach) for feedback, information and guidance, not for answers. I am fully willing to do the work and let the coach do the coaching.
2. I can be relied upon to do the work to set up the systems to allow me to be on time for calls and appointments, do my homework and to handle my coaching fees responsibly.
3. I fully intend to do the things I say I am going to do. Those times when distractions get in the way, I can be counted on to "clean it up" and implement new systems to keep myself on track in the future. I keep my word without struggling or sabotaging - and don't beat myself up when I make mistakes.
4. I will give my Coach the benefit of doubt and "try on" new concepts or different ways of doing things. At the same time, I will honestly examine and report the difficulties I encounter so that my Coach and I can refine these new ways so that they work the way "I" work.
5. I will speak straight (tell the whole truth) to my Coach. I realize that my job is to take care of myself and that it is not necessary to take care of my Coach. I trust that my Coach will have the skills to guide me gently to where I need to go if I am inappropriate - without making me feel bad in the process. I don't have to sugarcoat my truth for my Coach or worry about how I will be perceived.
6. If I feel that I am not getting what I need or expect from my Coach, I will share this as soon as I sense it and make requests to get what I want and need from the relationship. I will not complain, beat around the bush or hedge.
7. I am willing to stop or change the self-defeating behaviors that limit my success. I realize that it will take a while to develop new habits in order to live powerfully and I will make a conscious effort to do the work to make the changes in my life until new habits take hold.

8. I am someone who can share credit for my success with my Coach without feeling that I somehow cheated by not doing it alone.

9. I see coaching as a worthwhile investment in my life. I have prioritized my finances so that I have adequate funds to pay for coaching for at least six months and will not regret or suffer about the fee.

YOUR TOTAL SCORE:

SCORING KEY:

10 – 20: Not Coachable right now:

Come back to coaching when you've spent some time with a counselor or therapist to handle some developmental issues, or ask if your coach offers Pre-coaching Readiness Development support.

21 – 30: Coachable:

Coachable, but make sure ground rules/boundaries are honored and you spend extra time working on your own growth.

31 – 40: Easily Coachable:

Spend time working on key shifts and distinctions to raise your score and take fuller advantage of your coaching.

41 – 50: Extremely Coachable:

Ask your coach to request a lot from you.